

### Abstract

Disclosed are an insole assembly for increasing the weight of a footwear and a heavy footwear having an outsole and/or a  
5 midsole made of a high specific gravity compressed resin to enhance exercise effect. The insole assembly (100, 200) includes a lower insole (110, 210) made of a compressed resin having a high specific gravity; an upper insole (120, 220) laid on the lower insole (110, 210) and a shock absorbing member (130,  
10 230) attached to a heel of the lower insole (110, 210). The insole assembly is made of a compressed resin to increase the weight of a footwear to which the insole assembly is applied.